What is claimed:

1. An improved golf tee comprising:

   a) a support shaft having one end for insertion into the ground;

   b) a tee head carried by the other end of said support shaft, the top side of said tee head having a ball support surface formed therein; and,

   c) said ball support surface comprising a low surface friction material whereby a ball mounted on said surface encounters reduced resistance when driven from the tee.

2. The golf tee of claim 1 wherein said material is selected from the group of polymers consisting of polytetrafluoroethylene, fluorinated ethylene-propylene copolymer, perfluoroalkoxy materials, ethylene/tetrafluoroethylene copolymer, other fluorine containing polymers that provide low friction surfaces, and fluorochemicals.

3. The golf tee of claim 2 wherein the head of the tee is formed form a material selected from said group.

4. The improved tee of claim 1 where the ball support surface comprises a central depression having a peripheral rim, said rim having an upper edge which contacts a ball placed thereon in a position to be readily driven.

5. The improved tee of claim 4 wherein said peripheral rim is circular.

6. The improved tee of claim 5 wherein the diameter of the circular rim is in the range from about 5mm to about 9mm.

7. The improved tee of claim 1 wherein said support surface comprises three spaced apart projections.

8. The improved tee of claim 7 wherein said projection are positioned at 120° spacing around said surface..

9. The improved tee of claim 4 wherein the edge of said rim is provided with a cover made from a material selected from the group of claim 2..

10. The improved tee of claim 1 wherein the material of the support surface comprises a coating of a fluoropolymer.

11. The improved tee of claim 1 wherein the material of the surface comprises a layer of fluoropolymer.

12. The improved tee of claim 10 wherein the polymeric surface is in the form of a covering cap.

13. In a golf tee, the improvement which comprises a ball support surface comprising a material selected from the group consisting of polytetrafluoroethylene polymer, copolymer, and fluorine containing polymers.

14. In a golf tee having a ball supporting head, carried by a support shaft, the improvement which comprises a head formed from a low surface tension material.

15. A process of reducing the surface friction of the support surface of a golf tee comprising the step of coating said support surface with a fluorine containing material.